

# Cloverdale Golden Age Center

## Hours of Operation:

**9:30am-1:30pm**

The Golden Age Program offers a wide variety of recreational programming geared towards self-sufficient seniors, 55 and older. There is an annual registration fee of \$5. Delicious, nutritionally balanced meals are served daily to seniors 60 and older (daily contributions accepted and 24 hours advance notice required). Seniors 55-59 may order meals at full price. In addition to daily activities, occasional guest speakers provide a wealth of information. Center participants also enjoy monthly local bus trips and quarterly out-of-town trips so please call the center of your choice prior to visiting.

**\* Annual registration fee of \$5 for a wide variety of recreational programming for self-sufficient seniors 55 and older.**

<u><b>Monday</b></u>	<u><b>Tuesday</b></u>	<u><b>Wednesday</b></u>	<u><b>Thursday</b></u>	<u><b>Friday</b></u>
<u><b>Fitness</b></u> 9:30am-1:30pm	<u><b>Fitness</b></u> 9:30am-1:30pm	<u><b>Fitness</b></u> 9:30am-1:30pm	<u><b>Fitness</b></u> 9:30am-1:30pm	<u><b>Fitness</b></u> 9:30am-1:30pm
<u><b>Coffee and Conversations</b></u> 9:45am-10:15am	<u><b>Coffee and Conversations</b></u> 9:30am-10:00am	<u><b>Coffee and Conversations</b></u> 9:30am-10:00am	<u><b>Crochet, Fun Table, Painting and Sewing</b></u> 9:45am-10:45am	<u><b>BINGO/Fun Friday</b></u> 9:30am-11:30am
<u><b>Registration/ Sign-Up</b></u> 9:45am-10:45am	<u><b>Fellowship and Sing-A- Long</b></u> 10:00am-10:30am	<u><b>Chair Exercise/Volleyball</b></u> 10:45am-11:30am	<u><b>Registration/ Sign-Up</b></u> 9:45am-10:45am	<u><b>Lunch</b></u> 11:30am-12:30pm
<u><b>Ceramics/Crafts</b></u> 10:15am-11:30am	<u><b>Bible Study</b></u> 10:30am-11:15am	<u><b>Lunch</b></u> 11:30am-12:30pm	<u><b>Table Games</b></u> 10:45am-11:45am	<u><b>BINGO/Fun Friday</b></u> 12:45pm-1:00pm
<u><b>Computer Class</b></u> 10:55am-11:40am	<u><b>Lunch</b></u> 11:30am-12:30pm	<u><b>BINGO</b></u> 12:45pm-1:30pm	<u><b>Lunch</b></u> 12:00pm-1:00pm	
<u><b>Lunch</b></u> 11:30am-12:30pm			<u><b>Women's Rap</b></u> 1:00pm-1:30pm	
<u><b>BINGO</b></u> 12:45pm-1:30pm	<u><b>Crochet, Fun Table, Painting and Sewing</b></u> 12:45pm-1:15pm			

**\* Blood Pressure Screening : 2<sup>nd</sup> Thursday of every month- 10:00am-10:30am**

**• Recreation Leader: Linda Johnson- 912-236-1244**